

**STRONG**  
FITNESS MAGAZINE

# TRAINING GUIDE

## TRAIN FOR STRENGTH

*THE TECHNIQUE  
THAT WILL BUST  
YOUR PLATEAU*

STRETCHES  
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*Muscle  
+ Cardio*

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PAIN?**

WHEN IT'S  
TIME TO  
SEE A PRO



AUGUST/SEPTEMBER 2015 \$3.99

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A LEG-DAY WORKOUT  
THAT HAS YOU COVERED

# FEATURES AUGUST/SEPTEMBER 2015

in every issue

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Meet the masterminds behind each word and workout.

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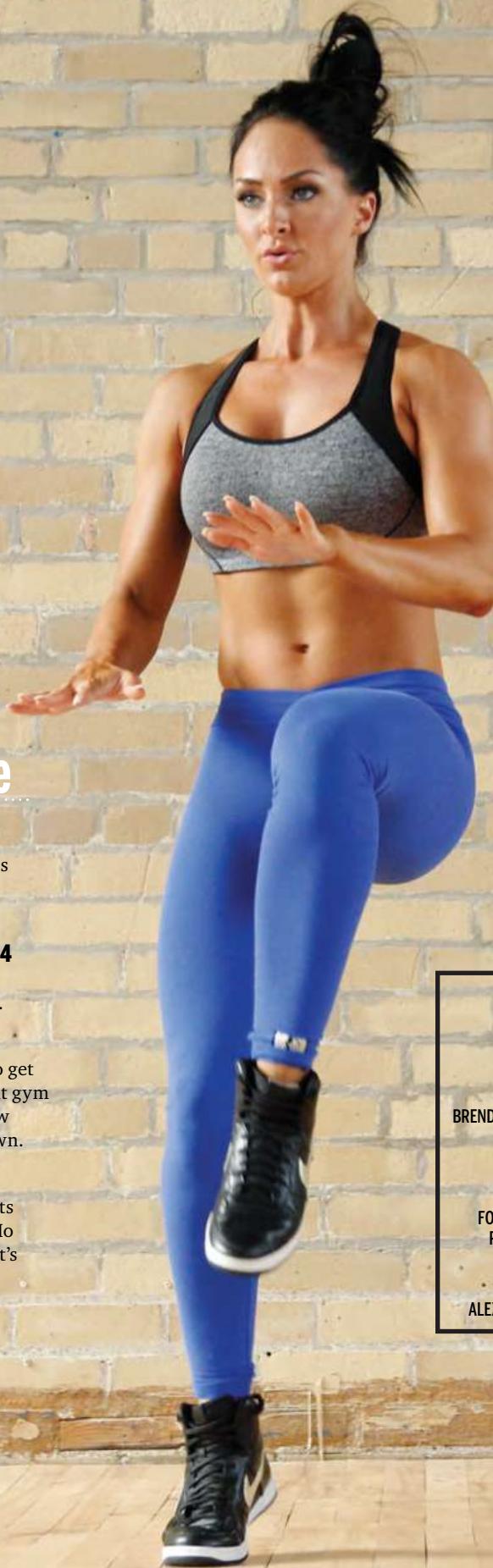
Moments of strength to get you all fired up.

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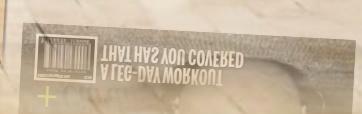
## ON THE COVER

COVER MODEL  
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CHELSEA BOISSONNEAULT PHOTO PAUL BUCETA, NICHELLE LAUS PHOTO DAVE LAUS, BROOKE HARRISON PHOTO PAUL BUCETA

**CHELSEA BOISSONNEAULT, PERSONAL TRAINER & NUTRITION COUNSELLOR**

## **“When, How, & What?”** pg 22

With a decade in fitness under her belt, Chelsea knows the ins and outs of the industry. She is a certified personal trainer and nutrition consultant, as well as a national fitness competitor, entrepreneur and published author of two nutrition books.

For this issue of our Training Guide, Chelsea tackled the topic of smart supplementation, answering common questions regarding when and what to take to round out your diet and get closer to your fitness goals. ***“The key thing to remember is that a supplement, as its name implies, is intended to supplement a quality diet of wholesome, whole foods,”*** she says.

“It is a way to optimize your intake of vital nutrients and metabolic function. Supplements are not a substitute for eating poorly.”

Currently, Chelsea co-owns and operates Free Form Fitness personal training studios, which has four locations throughout the city of Ottawa.



**NICHELLE LAUS, CERTIFIED PERSONAL TRAINER & COACH**

### **“Killer Leg Day,”** pg 8

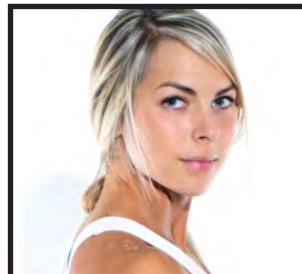
This mother of four young boys uses fitness as her outlet to inspire other women and mothers to live healthy lives. She is a fitness competitor, motivational speaker, kickboxing instructor and fitness model. She also recently opened Optimum Training Center personal training facility in Toronto with fellow STRONG contributor and husband Dave Laus.



**DR. JAMES HO, DC, BHSC**

### **Injury Report,** pg 28

A member of STRONG Fitness Magazine's Advisory Board, James is our go-to expert when it comes to sports medicine and chiropractic concerns. He's a chiropractor and therapist at the Athlete's Care Sports Medicine Centres in Toronto and has consulted athletes at the pro level from the NHL to UFC, as well as recreational athletes and Olympians.



**BROOKE HARRISON,  
SPORTS INJURY THERAPIST**

### **“The Home Stretch,”** pg 26

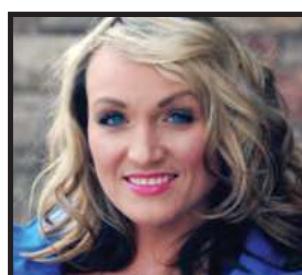
Brooke is a woman who truly lives and breathes fitness and health. By day she's a certified sports injury therapist, also currently working as a chiropractic assistant in Ontario. But when she's not helping athletes heal their injuries, she's a sponsored athlete herself, appearing in popular fitness publications as both a model and contributor.



**DAVE LAUS, PHOTOGRAPHER**

### **“Killer Leg Day,”** pg 8

When Dave first stepped onto the fitness scene four years ago, his photography hobby quickly transformed into a full-blown passion. Now, his portfolio is packed with numerous magazine covers and dozens of training features, making him one of the most sought-out fitness photographers in Canada. This summer, he and wife Nichelle opened their own training facility and photography studio in Toronto.



**LINDSAY KENT, CERTIFIED PERSONAL TRAINER**

### **“Take it Slow,”** pg 6

Lindsay is a Master Trainer with the ISSA and is the owner of her own personal training business, Equilibrium Bodylab. She's also a professor for the ISSA's College of Exercise Science, and former AAU Junior Olympic volleyball captain, as well as a regular article contributor for fitness publications and websites.

POSTS WE LOVE!

# #mystrong MOMENT



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Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider. If you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, or nausea, or shortness of breath. Mild soreness after exercise may be experienced after beginning a new exercise. Contact your physician if the soreness does not improve after 2-3 days.

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# *pure* **ADRENALINE**

PHOTOGRAPHY BY DAVE LAUS



WHERE  
THERE IS NO  
STRUGGLE,  
**THERE IS NO STRENGTH.**

-OPRAH WINFREY



## Have your results hit the brakes?

Slow down your reps to bust that plateau.

# Focus on the Negatives

**A POSITIVE ATTITUDE** is a great thing to have in life, but in the gym, negatives can really pay off, especially when it comes to busting through plateaus and getting results. Making significant changes to your physique and strength requires getting outside your comfort zone now and then, and incorporating new techniques.

Don't get me wrong, standard reps and sets are fine for the most part. But eventually they will stop providing the intensity or loads needed to stimulate serious muscle growth.

Enter the concept of negative training, which requires you slow down your movements while lifting. But don't let the name fool you—negatives can definitely deliver positive results.

### WHAT IT IS

Negative sets require you to exaggerate or slow down the eccentric (lengthening) portion of any of

the exercises you are performing. Studies indicate that during the eccentric phase of your lifts, your body can tolerate up to 1.75 times more weight than during the concentric (shortening) portion. This means that your muscles experience a stress overload causing little tears within the muscle's fibers. These tears get repaired with larger muscle fibers while also stimulating growth hormones in your body, increasing your body's muscle-building capabilities and increasing your muscle mass. Another bonus to

performing negatives: they're an effective technique for helping you continually transition to lifting heavier weights.

### THE BENEFITS

Far too often when lifting, gravity takes over and the weight is effortlessly dropped or lowered, especially when you're nearing failure. Negative training forces you to really slow down and work on controlling your movements along with the weight. By focusing your efforts in this way, you will enhance your "time under tension," or simply, the amount of time your body has to work to lower the weight, overloading the muscles in ways they haven't adapted to. In turn, you will continually build more strength and lean muscle.

Integrated into your exercise regime properly, this technique will also build your tendon and ligament function, increasing your body's immunity to injury.

### YOUR STRATEGY

Incorporate this technique into your regime periodically and not on a weekly basis:

- Go heavy. When working with negatives you'll be able to move much more weight. If you have a spotter, use 20-30% more than your 1RM, less if you're going alone. Aim for 3 sets of 8-10 reps.
- Lift the weight as you normally would, then lower it for 8 seconds.
- Make sure to superset your heavier, negative exercise with a set of a fast, explosive movement to properly tax your muscles and recruit the full spectrum of fibers.
- Rest 45-60 seconds between each set performed, and allow seven full days of rest between negative training for the first several weeks.

### CONSIDERATIONS

If possible, use a spotter, especially if you are performing heavy negatives with compound lifts such as bench presses and squats. If you are an athlete, make sure to include this type of training during your off-season only, due to the repair and recovery process of muscle fiber tears.

*Yours in Fitness,*

**GET THE WORKOUT! FLIP TO PAGE 16 FOR A NEGATIVE SETS ROUTINE FOR YOUR SHOULDERS AND CHEST!**

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# KILLER LEG DAY



STRENGTHEN,  
SCULPT AND  
SHRED WITH  
THIS 2-IN-1  
CARDIO AND  
WEIGHT TRAINING  
ROUTINE  
FOR THE  
LOWER BODY.

ROUTINE BY **NICHELLE LAUS, CERTIFIED  
PERSONAL TRAINER & COACH**  
PHOTOGRAPHY BY **DAVE LAUS**

MODEL TASHA STAR  
SHOT ON LOCATION AT OTC TORONTO  
HAIR & MAKEUP BY MONICA KALRA



## YOUR TIME IS PRECIOUS.

And as much as you'd love to kill an extra 30 minutes on the treadmill after you hit the weights, most days that's just not happening. But that doesn't mean you don't want the heart and body benefits of getting in a cardio sesh every now and then. So what's a busy woman to do?

The answer is active rest. By using some of the down time between sets to keep moving, you'll burn more fat and calories, keep your metabolism charging, and make the workout more challenging. And the best part? You're getting strength plus cardio and conditioning so you can spend less time in the gym and more time living life.

### THE WORKOUT

**HOW TO:** This workout is comprised of weighted exercises superset with active rest. Perform 10-12 reps of the weighted exercise, immediately followed by 45-60 seconds of active rest. Rest for 60-90 seconds, then repeat. Complete 3-4 rounds of each superset.



**TIP:** IF THIS IS HARD  
ON YOUR SHOULDERS  
OR WRISTS, HOLD  
DUMBBELLS INSTEAD.



BARBELL FRONT SQUAT



BARBELL SUMO SQUAT



GOOD MORNING



LEG EXTENSION

## BARBELL FRONT SQUAT

**Set up:** Hold the barbell with an underhand grip between your clavicle and shoulders (not on the bone), with elbows pointing forward and upper arms parallel to the floor. Stand with feet shoulder-width apart.

**Action:** As you squat down, keep your elbows pointing forward and chest lifted by bracing your core. Lower into a deep squat, pause, then extend your knees and hips to return to standing.

### ACTIVE REST: JUMP ROPE

## BARBELL SUMO SQUAT

**Set Up:** Place a loaded barbell across your traps and stand with feet wide apart, legs straight, with toes turned out slightly.

**Action:** Bend your knees towards your toes and lower into a deep squat, keeping your chest lifted. Pause, then extend your legs, contracting your glutes to reverse the motion and repeat.

### ACTIVE REST: JUMPING JACKS

## GOOD MORNING

**Set Up:** Place a loaded barbell across your traps and stand with feet hip-width apart, keeping a slight bend in your knees.

**Action:** Using a slow, controlled motion, hinge forward at the hips, pushing them back, and lower your torso until it is parallel to the ground. Focus on using your glutes and hamstrings to reverse the movement back to the starting position and repeat.

### ACTIVE REST: STEP-UP WITH KICK

## LEG EXTENSION

**Set Up:** Adjust a leg extension machine so that your back is fully supported by the pad, thighs are flush with the seat, and the footpad is resting on your lower shins, just above your ankles.

**Action:** Grasp the handles and extend your legs, squeezing your quads to raise the weight. Do not hyperextend. Hold at the top of the movement then slowly lower back down.

### ACTIVE REST: STAR JUMPS

FOR UNILATERAL EXERCISES, COMPLETE ALL REPS ON EACH LEG BEFORE THE ACTIVE REST EXERCISE.



## KETTLEBELL ALTERNATING REVERSE LUNGE

**Set up:** Stand holding two kettlebells in the racked position, in front of your chest with arms bent and palms facing. The weights should be resting on your outer wrists.

**Action:** With one foot take a large step back, bend your knees and lower until your front thigh is parallel to the ground. Drive through your front heel as you return to standing, bringing your back leg forward. Repeat on the other side. Continue alternating for all reps.

### ACTIVE REST: ONE-LEGGED SIDE HOPS

## SINGLE-LEG KETTLEBELL DEADLIFT

**Set up:** Stand tall holding a kettlebell in your right hand. Shift your weight into your right leg and lift the other foot off the floor.

**Action:** Hinge forward from the hips to lower the weight while raising your free leg straight up behind you until it is parallel to the floor and you feel a stretch in your supporting leg. Raise back up to return to the starting position and repeat. Continue for all reps then repeat on the other side.

### ACTIVE REST: SPEED SKATERS



## REMIX YOUR REST

Change up the active rest exercises by swapping in one of these heart-pumping options:

Burpees  
Mountain Climbers  
Jump Squats  
Jog on the spot

Bike Crunches  
Jump Lunges  
Shadow Boxing

FLIP THE PAGE FOR PHOTOS OF THE ACTIVE REST EXERCISES >

# ACTIVE REST



## BARBELL HIP THRUST

**Set Up:** Begin on the ground with your back to a flat bench and place a loaded barbell across your thighs. Rest your shoulder blades on the bench and raise your hips off the ground, keeping your knees bent. Position the bar across your hips.

**Action:** Contract your glutes and press your hips toward the ceiling until your quads are at least parallel to the ground. Pause at the top of the movement, then slowly lower back down and repeat.

## ACTIVE REST: HIGH KNEES

## KETTLEBELL CALF RAISE

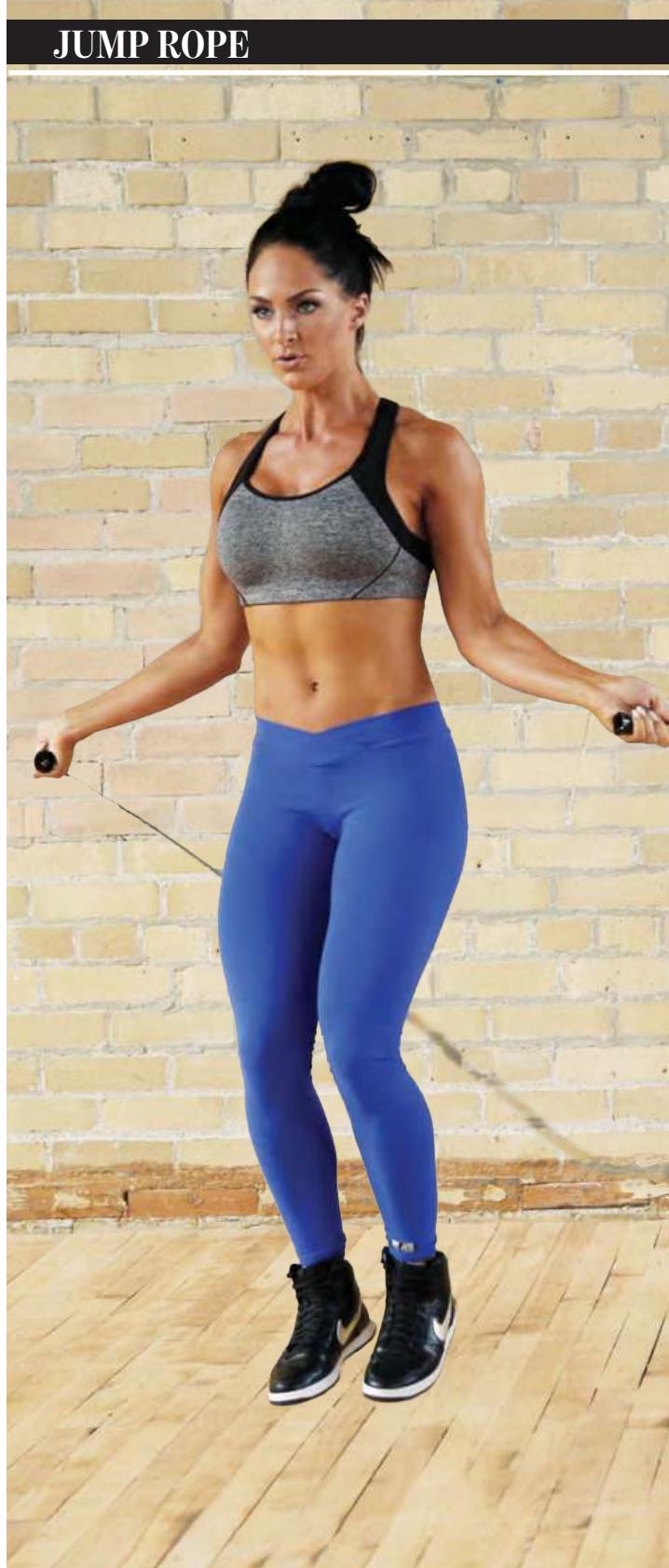
**Set up:** Hold a heavy kettlebell by the handles in front of your chest, keeping your elbows tight to your sides. Place feet wider than hip-width apart and squat down until your elbows are on top of your thighs.

**Action:** Raise your heels off the ground and come up onto your toes while keeping the rest of your body stationary. Hold, then slowly lower back down with control and repeat.

## ACTIVE REST: BUTT KICKERS



## JUMP ROPE



## JUMPING JACKS

## STEP-UP WITH KICK



# ACTIVE REST

## STAR JUMPS

## ONE-LEGGED HOPS



SPEED SKATERS

HIGH KNEES

BUTT KICKERS





ROUTINE BY LINDSAY KENT, ISSA PROFESSOR,  
MASTER TRAINER AND OWNER OF EQUILIBRIUM BODYLAB  
PHOTOGRAPHY BY PAUL BUCETA

# TAKE IT SLOW

Want to take  
your strength to  
the next level?  
You got it.  
Just get ready  
for the longest  
eight seconds  
of your life.

How much can you really accomplish in eight seconds? Update your Facebook status? Lace up your shoes? Maybe you could zap your coffee in the microwave? In other words, not much. But what if we told you that adding eight extra seconds to your reps could help you build muscle and strength, fast?

Negative training, otherwise known as “eccentric training,” refers to overloading the muscle by slowing the downward portion of an exercise, such as when you lower into a squat or lower the bar in a bench press. The idea is that these negative reps will cause more tissue damage — the kind that repairs into stronger, more powerful muscles. This technique is ideal for helping you go up the weight stack and bust through training plateaus.

The workout on the following pages combines negative training

with explosive exercises, giving you a calorie-scorching, strength-builder for your upper bod in one routine. But before you hit the weights, make sure you get a quick education on negative training on page 6.

Another important reminder: this type of training is not meant to be done every day. Incorporate it into your routine at max once per week and only for a few weeks at a time. Lastly, rest the worked muscles for a good 48 hours before training them again to allow for adequate repair.

MODEL BRENDA BROUILLARD  
HAIR & MAKEUP ALEXANDRA SMITH  
SHOT ON LOCATION AT FORGE PERFORMANCE & FITNESS, MISSISSAUGA

# THE WORKOUT

**HOW TO:** Perform each superset by doing the first exercise followed by the second exercise and repeat for a total of three rounds. For each negative exercise, perform the eccentric (lowering) portion of the movement for 8 seconds.

**REST:** Be sure to rest 45 seconds between each set; 60 seconds between supersets.

## EXERCISE/SUPERSET

## SETS

## REPS

### SUPERSET A

**A1.** NEGATIVE: Bench Press  
**A2.** EXPLOSIVE: Push-Up

3

8-10  
12-15

### SUPERSET B

**B1.** NEGATIVE: Shoulder Press with Hold  
**B2.** EXPLOSIVE: Plank Lateral Raise

3

8-10 per side  
12 per side

### SUPERSET C

**C1.** NEGATIVE: Cable Chest Fly  
**C2.** EXPLOSIVE: Lateral Plate Walkover

3

8-10  
12

## A1. Bench Press

**SET UP:** Lie on the bench so your eyes are below the bar, feet flat on the floor. Contract your shoulder blades and grab the bar with an overhand grip, hands wider than shoulder-width apart. Unrack the bar and hold it above your chest, arms locked (**A**).

**ACTION:** Slowly lower the bar to your chest, keeping your elbows close to your body (**B**). Extend your arms to press back, then slowly lower back down, and repeat.



### Tip:

WE RECOMMEND USING A SPOTTER FOR NEGATIVE EXERCISES, ESPECIALLY BENCH PRESS.

A2.

## Push-Up

**SET UP:** Get into high plank position with feet slightly apart and core tight (A).

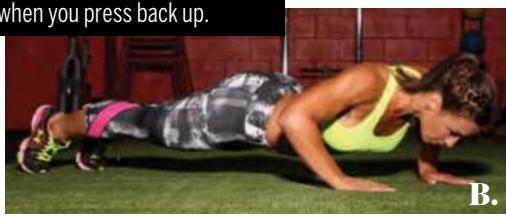
**ACTION:** Bend your elbows to 90 degrees to lower your body towards the ground at a normal tempo (B). Now, as explosively as possible, press back up to the starting position. Repeat.



A.

### Make it advanced:

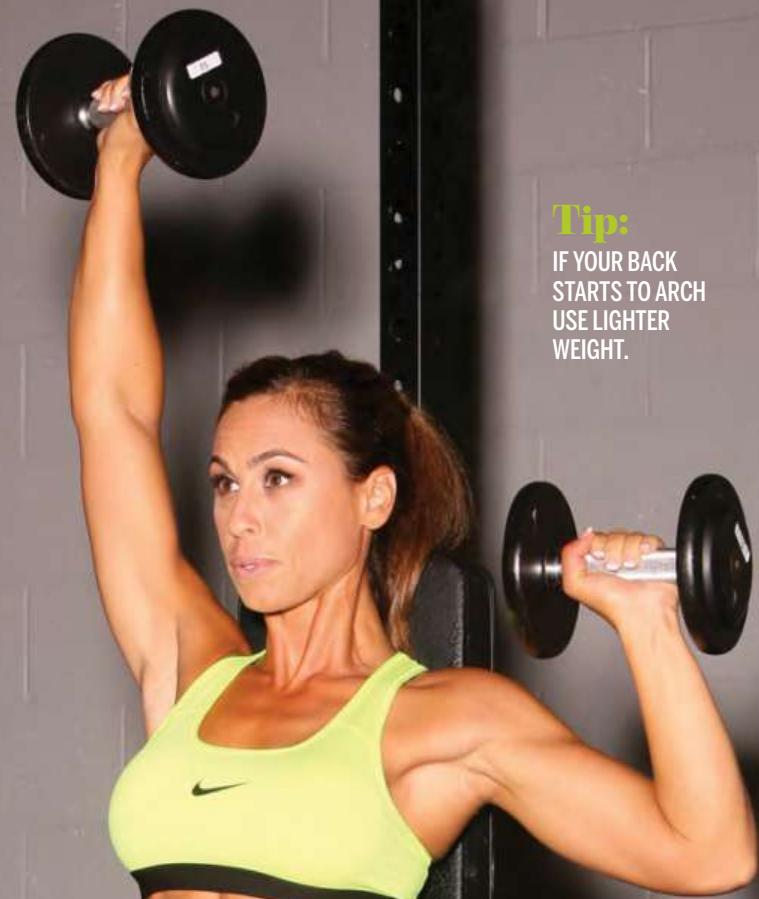
Bring your hands off the ground when you press back up.



B.

### Tip:

IF YOUR BACK STARTS TO ARCH USE LIGHTER WEIGHT.



B1.

## Shoulder Press with Hold

**SET UP:** Sit on the end of a bench holding dumbbells just above your shoulders, elbows bent and palms facing out (A).

**ACTION:** Extend your arms and press the weights straight overhead (B). Slowly lower one arm down to the starting position, leaving the other arm extended (C). Raise it back up, hold it there, and lower the other (D). Raise it back up, then slowly lower them both to the starting position. Repeat.



D.



A.



B.

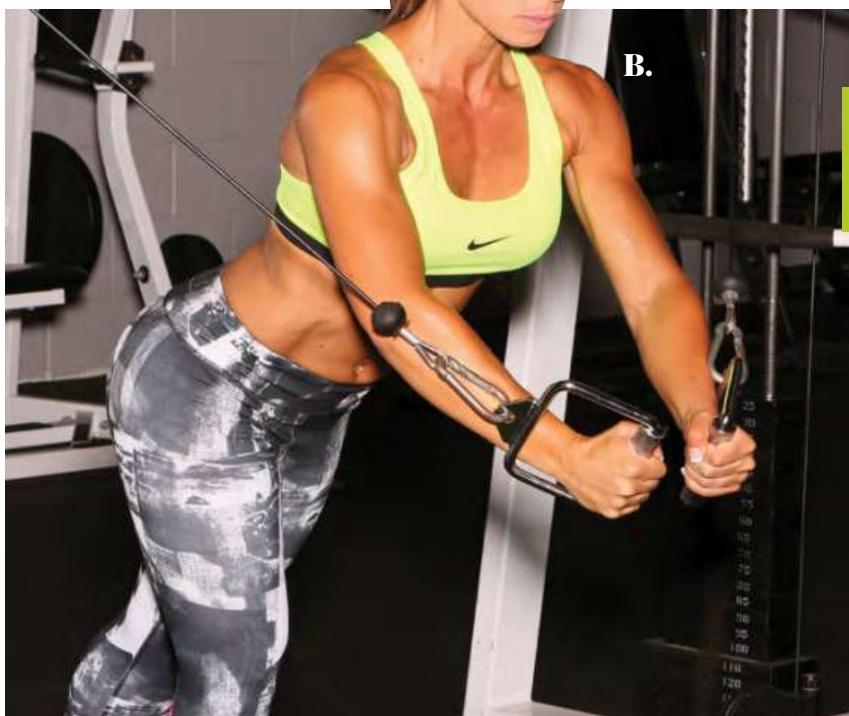


C.

# Plank Lateral Raises

**SETUP:** Holding a light dumbbell in one hand, place the other hand on a box or step and get into high plank position with the dumbbell extended down to one side of the object (A).

**ACTION:** Quickly raise the dumbbell straight out to the side to shoulder height, keeping your shoulders and hips as square to the floor as possible (B). Lower back down and repeat for all reps, then switch sides.

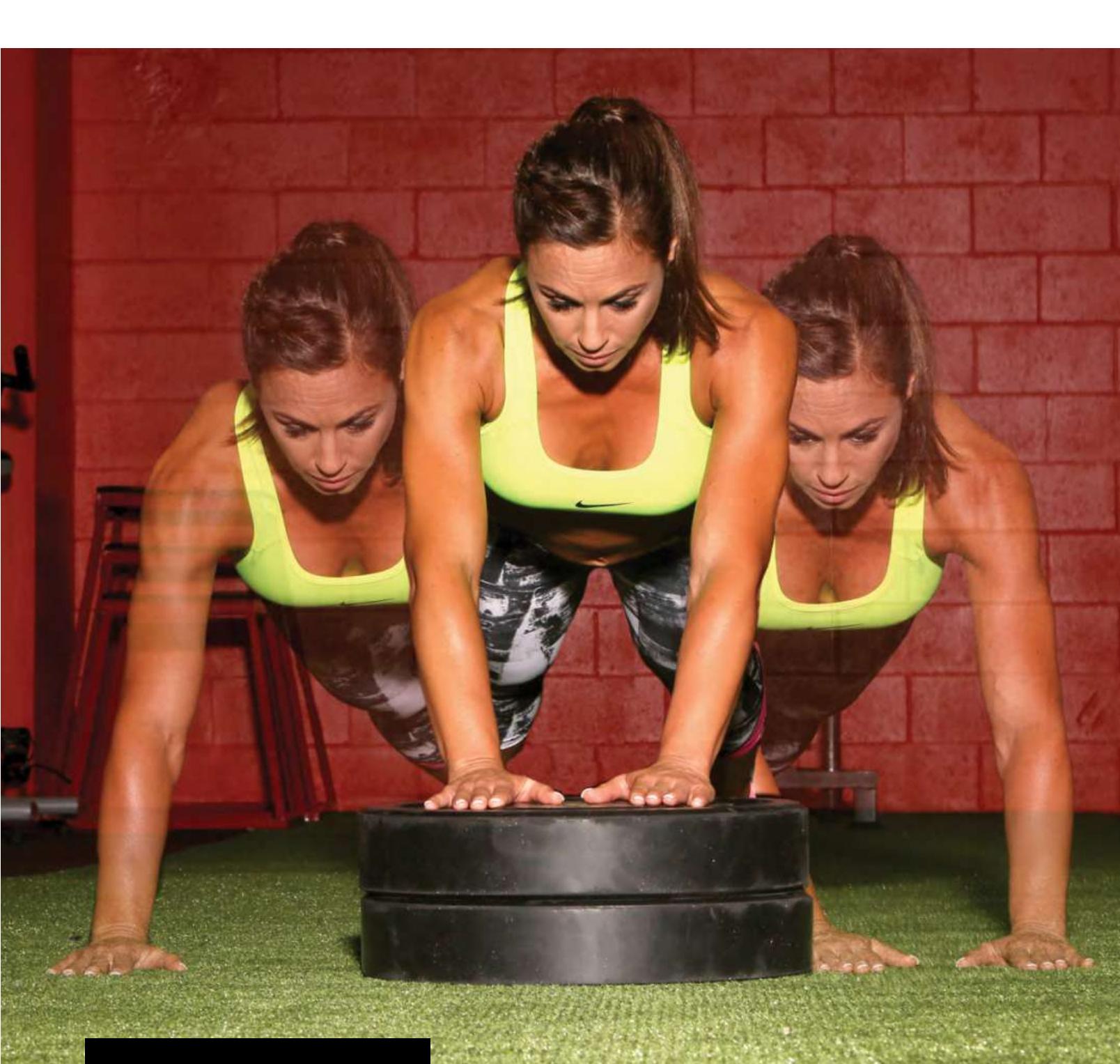


C1.

## Cable Chest Fly

**SETUP:** Stand in a cable apparatus with handles attached to high pulleys. Grab the handles and step forward with one foot, chest lifted (A).

**ACTION:** Contract your chest and pull the handles towards each other in front of you, keeping your elbows in a fixed position (B). Slowly raise your arms back up to shoulder height, and repeat.



C2.

## Lateral Plate Walkover

**SETUP:** Stack two plates and place them on the ground. Get into high plank position with both palms to one side of the plates, feet slightly apart.

**ACTION:** Walk your hands one at a time onto the plate, then onto the floor, as quickly and explosively as possible.

**THIS MOVE WORKS THE CORE, CHEST AND SHOULDERS.**

When,  
How,  
& What?

Your supplement  
questions answered.

Written by Chelsea Boissoeault, Certified Personal  
Trainer & Nutritional Counsellor

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# These days, you'd be hard pressed to find someone who doesn't pop a vitamin or supplement as a part of their diet, especially in the fitness community.

Health and fitness supplements are legion, from the basics like multivitamins and fish oil, to more specialized sports products like L-carnitine and glutamine.

Depending on your goals, many supplements can provide some kind of a benefit to your health and even your fitness. But is more necessarily better? Does cost reflect quality?

## WHEN SHOULD I TAKE A SUPPLEMENT?

This really depends on your health and fitness goals. The key thing to remember is that a supplement, as its name implies, is intended to supplement a quality diet of wholesome, whole foods. It is a way to optimize your intake of vital nutrients and optimize your metabolic function. Supplements are not substitutes for eating poorly.

## WHEN SHOULD I NOT TAKE A SUPPLEMENT?

Anytime that you don't understand how it works and what effect it may have on your body, says Bonner. It's easy to be seduced by colorful advertising and bold product claims, but everyone's body chemistry is different. What works for you may not for someone else, and vice-versa.

For example, some women can't tolerate the daily-recommended dosage of calcium. Instead, they may require more magnesium. Failing to keep the intake of these two supplements in balance can lead to achiness and disrupted sleep.

Another example is Vitamin D. **“Some people think it’s okay to take 5,000 IUs a day because it emulates sunlight,”** says Bruce. **“But if someone is taking a dose that high or greater for prolonged periods of time without enough Vitamin A and K2, imbalances will occur that can lead to conditions, such as osteoporosis.”**

## SHOULD I TAKE BREAKS FROM SOME SUPPLEMENTS?

Whether or not you cycle your supplements depends on the type of supplement and how it interacts with the body. Again, it comes back to taking the dosage that is appropriate for you based

on your body chemistry.

You may not realize it, but some common supplements can have toxic side effects if taken in excess. Zinc is a perfect example. Too much can cause stomach pain, fever, fatigue and coughing, and even contribute to prostate cancer in men. And yet, it is an “essential trace element” vital for human health. The bottom line: If the product label or your doctor warns you against taking a supplement for an extended period, take it to heart.

In other cases, it is important to rotate the source of a nutrient. Eating the same form of the same nutrient for an extended period can lead your body to build up an intolerance that reduces how well your body can absorb it. Protein is a great example. Whether it's red meat, poultry, or protein powders derived from either whey or vegan sources, it's important to change it up.

## HOW OFTEN AND HARD SHOULD I BE TRAINING?

Just because you may be taking supplements that can accelerate weight loss with exercise, or build more muscle mass with weight training, doesn't mean you should increase your time in the gym. Your body needs time to replenish itself with the supplements you are taking. Keep your intense training sessions to approximately 45 minutes and allow for adequate rest days to avoid overtraining.

And how often should you change them up? If your head starts spinning every time you step in the vitamin aisle, read on. With the help of Bruce Bonner, a registered nutritional consulting practitioner who runs the Living Science Wellness Centre in Ottawa, Ontario, we've got your questions answered so you can be smart about supplementation.



## CONSIDER GETTING TESTED

The most prudent way to determine which vitamins, minerals and other supplements required for healthy metabolic function are best for you, and in what dosages, is to get tested. Many wellness centres can carry out a body chemistry balancing test—a blood and urine test that assesses dozens of biochemical markers in the body.

## HOW MANY IS TOO MANY?

Supplements may not be prescription medications, but there can still be interactions. At the very least, one type of supplement can negate the benefits of another.

"I find a lot of clients are taking supplements along with medication or excess fibre, which means you can't absorb them well," says Bruce.

It's all too easy to start with a few supplements, then add more as you learn about others. In no time, you could be taking a cocktail of them every day before breakfast.

Instead, stagger your consumption throughout the day. Consider which supplements are best taken in the morning or before bed, with food or without, or before, during or after a workout.

## WHAT SHOULD I LOOK FOR ON A LABEL?

Pay close attention to the list of non-medicinal ingredients. This is where poor-quality supplements will betray themselves with cheap binders, fillers, sweeteners and artificial colors and flavors.

The next place to look is the list of vitamins and minerals for their sources. Cheap forms of minerals, for example, such as those identified as carbonates or oxides, are often more difficult for the body to absorb.

Again, we all want a good deal, but you usually get what you pay for. Quality supplements come at a premium, but what's the point in wasting any amount of money on a product that doesn't provide the benefits you expect?

## WHY IS IT SO IMPORTANT TO VALUE WHOLE FOODS OVER SUPPLEMENTATION?

Your first goal should be to rely on a quality diet of whole-some whole foods, including grass-fed meats, free-range eggs, organic vegetables, whole grains, and nuts and

seeds. The nutrients from these sources should always take priority over supplements, regardless of their quality and origin.

Studies have shown that 90 percent of people can get the full and proper balance of vitamins and minerals through diet alone, assuming they have a healthy and clean one.

Whole foods have the edge on supplements for three key reasons:

- Whole foods are complex, containing a variety of the micronutrients your body requires for health.
- Whole foods provide essential dietary fibre.
- Whole foods contain other substances important to your health, such as phytochemicals, which may help protect you against cancer.

Of course, if you are engaging in strenuous physical activities such as weight-training, that are forcing your body to adapt and change, the right supplementation at the right time isn't only beneficial, it may be necessary to your body's recovery. So if you're training consistently, you're likely doing yourself a favor by sipping those branch chain amino acids during your tough workouts, and following up with a protein shake right after (although it's always a good rule of thumb to get cleared from your doctor first).

Beyond that, supplementation all depends on your fitness goals, level of physical activity and body chemistry. Err on the side of caution and don't assume that just because something appears to be good for someone else, it's good for you.

*Studies have shown that 90 percent of people can get the proper balance of nutrients from diet alone.*





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# The home Stretch

Make the last few weeks of running season your best yet with these do-anywhere exercises.

ROUTINE BY BROOKE HARRISON, SPORTS INJURY THERAPIST  
PHOTOGRAPHY BY DAVE LAUS



## Assisted Calf Stretch

Sit on the floor with both legs straight. Bend one knee slightly and loop a strap or resistance band around the ball of your foot. Keeping your heel on the ground, gently pull your foot back toward your ankle, toes toward your knee. Slowly begin to straighten your leg as far as you comfortably can. Hold for 30 seconds, then release and repeat on the other side.

Whether you spent the summer pounding the pavement, or you're just starting to gear up for cool autumn jogs, running season isn't over yet.

And one way to help ensure you stay in the game until the first snowfall is to keep those legs limber and injury free.

These exercises specifically target tight muscles and common sites for running pain like calves, ankles, knees and feet. Add them to your post-run routine to help speed recovery and avoid future injuries, and do them a few times a week to relieve soreness.

**HOW TO:** HOLD EACH STRETCH FOR 30 SECONDS. DO 3 SETS ON EACH LEG.

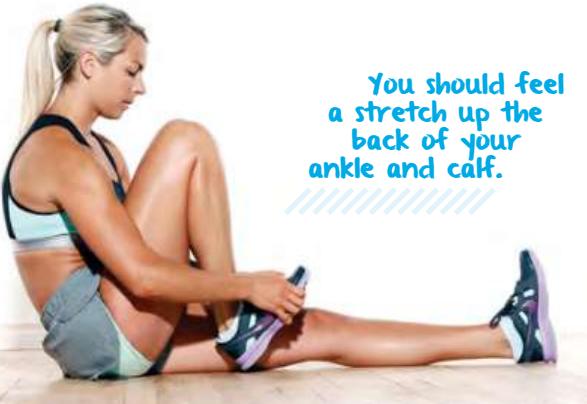
Slowly straighten your leg as far as you comfortably can.

MODEL BROOKE HARRISON SHOT ON LOCATION AT OTC TORONTO



## Iliotibial (IT) Band Stretch

Stand up straight and cross one leg over the other. Keeping your feet flat on the floor and legs straight, reach down and touch your toes or your ankles. Hold for 30 seconds, then return to the standing position. Cross your legs in the opposite direction and repeat.



## Achilles Tendon Stretch

Sit on the floor with one leg straight and one bent. Bring the heel of your bent leg as close to your body as you can and grab your foot. Keeping your heel on the ground, pull your foot toward your body. Hold for 30 seconds, then release and repeat on the other side.

## Seated Shin & Quad Stretch

Kneel on the ground and sit back on your heels. Gently push down on the heels to stretch the front of the legs, then slowly lean back, placing your hands on the floor behind you for balance. Hold for 30 seconds, then release. Repeat.



## Wall Shin Raise

Stand straight against a wall and place your feet approximately 1-2 feet away from you. Flex your feet so your toes point upwards. Reach down and gently grab your toes, flexing your feet while keeping your heels on the ground. Hold for 30 seconds, then lower your feet back down without letting your toes touch the ground. Repeat.

WRITTEN BY  
DR JAMES HO, DC, BHSC

# Treating Sports Injuries

When to put your ego aside and seek professional help.

## THIS IS A TRUE STORY

of a client of mine: One day, Megan was in the middle of a set of box jumps when she felt a sudden and unusual pain in her right knee. Being cautious, she stopped and told her CrossFit coach something was wrong. Megan recalls: "The coach had me lie down and moved my knee around, pushed it back and forth, had me do a couple of squats, and told me it wasn't too bad. I was told I had just lightly pulled a muscle in my knee." She sat out the rest of the exercise and finished off the workout of the day. Her knee would continue to bother her on subsequent workouts and runs for the next month, but was never debilitating, and over time, it seemed to get better.

Two months later, while playing soccer, Megan made a sudden stop and cut to her right to avoid a collision with another player and went down grasping at her right knee in excruciating pain. The MRI the doctor later ordered confirmed the damage done: she had torn her anterior cruciate ligament (ACL), medial collateral ligament (MCL), and meniscus—an injury known as the "Terrible Triad." Megan underwent surgery and had to take four months off from training to complete her rehabilitation. "The doctor said there was scar tissue in my knee from a previous but fairly recent partial tear," says Megan. "A few weeks of therapy

after my initial injury may have prevented the full rupture altogether, had I sought out help."

Virtually all studies and statistics show that typically, women are more likely to see a doctor if they don't feel well or have a health concern, compared to men. However, when dealing with sports injuries, seeking out help decreases significantly in women, likely the result of the increase in ultra-competitive training and sports, such as obstacle course races and CrossFit. In fact, in many of these activities, pain, bruises, scrapes, and even blood are often considered rewards of a great workout, like badges of honor.

Thankfully, in most cases, a sports injury can be treated by taking a break from the sport or exercise and beginning an in-home rehab program with the PRICE protocol (protection, rest, ice, compression, elevation). Followed strictly, most minor sports injuries can be resolved at home within a couple of weeks. But in more serious cases, an injury that may even seem minor could have significant long-term effects if treated improperly and lead to a compensatory or a greater injury.

**Safe Training,**  
Dr. James Ho



## SEEK HELP

Consult a qualified sports therapist or doctor for a diagnosis and treatment as soon as possible if you experience any of the following:

Severe pain, swelling, paralysis or numbness.

Pain or dysfunction lasting longer than 2 weeks, and/or progressively getting worse (most minor injuries that do not require professional attention will abate within 3 days).

Pain changes from dull to sharp or vice versa, with increased instability in a joint.

Inability to support any weight or pressure on the affected area.

Unsteady breathing or pulse, disorientation or confusion, and other concussion-like signs and symptoms.



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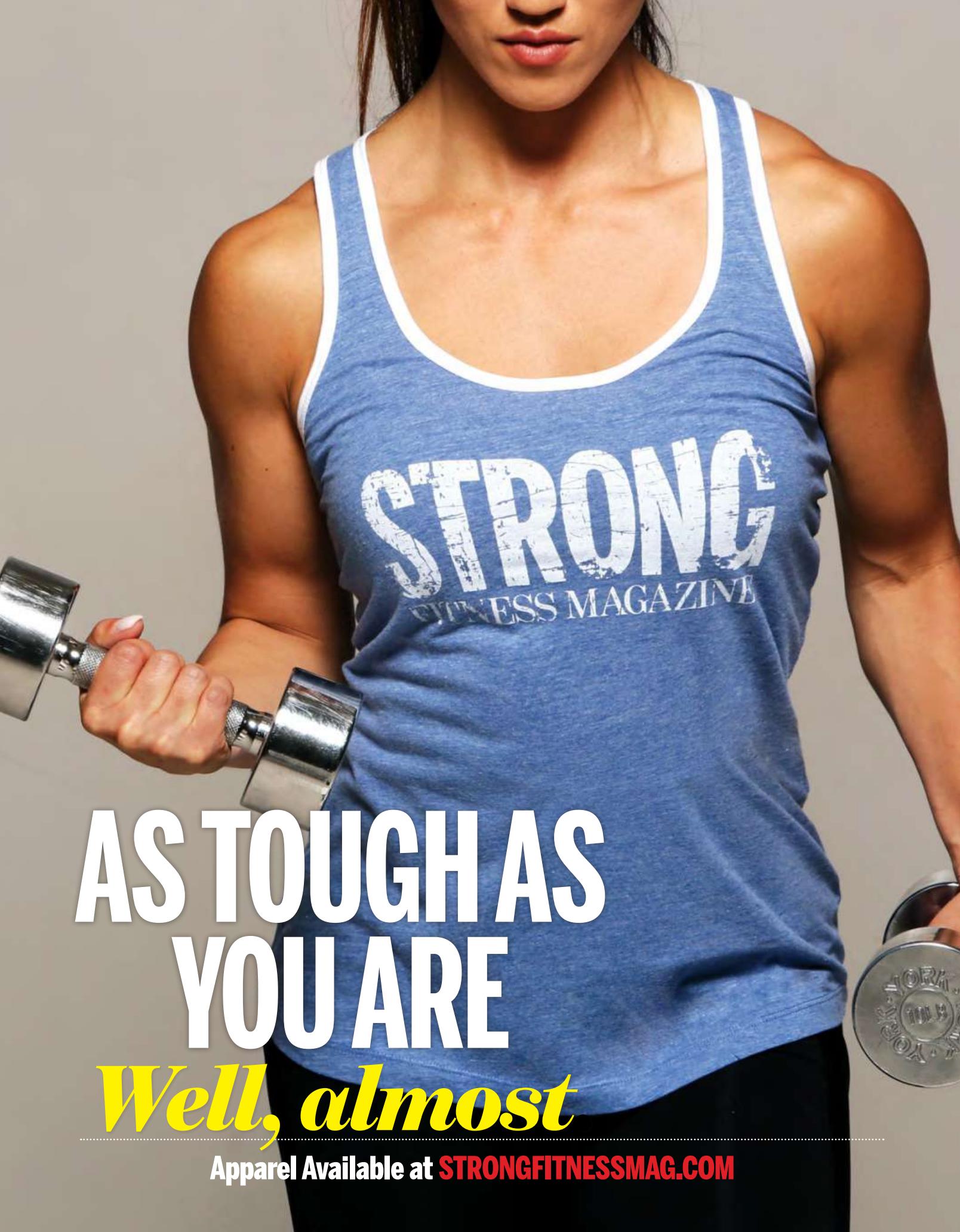
THE ENTIRE EXPERIENCE PHOTOGRAPHED BY PAUL BUCETA

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